

## Fees and Billing Archive:

The cost of a standard appointment with me is \$90.00 CDN. There is a discount for the intake session for e-counselling because there may be a need to work out some of the technical bugs. I provide receipts for all services that can be delivered in person, by mail, or by email (scanned signed document). For insurance billings please provide your insurance provider with the receipt following payment. If you are unable to pay out of pocket for my regular fee then I need to know as soon as reasonably possible. The last thing I want to do is give you more stress when the whole point of coming to me is to relieve stress. (I am not exactly a fan of paradox.)

**As of February 1, 2018, the per-hour rate will be increasing from \$90.00 to \$100.00. This rate change will only effect new clients. Please contact Daniel Parker using the [Contact Form](#), call 613 602 7792, or email [parkerpsychotherapy@gmail.com](mailto:parkerpsychotherapy@gmail.com).**

As housekeeping items:

- **A late appearance** is any appearance after 15 minutes of the agreed appointment start time. A late appearance without some form of notification (phone, email, text) may include a nominal fee (up to \$15.00) on the following bill.
- **Cancellations require no less than 48 hours notice** except in the case of an emergency. If a cancellation notification takes place inside of the 48 hour window there will be a nominal fee of \$15.00 CDN added to the following bill or a bill will be mailed to you. This **does not** include intake and completion sessions.
- **No notification and no appearance** will result in a billing for a standard appointment (\$90.00) on the bill for the next session or, if no follow-up appointment is made, a bill will be mailed to you. This is also referred to as a No-Call-No-Show.
- **Discounted rates** for low-income or electronic counselling options (email, Skype, phone, etc.) must be discussed in advance. **Do not** use the *Contact* form to start a discussion about your personal information such as income. As much as I have been assured any information provided is secure the skeptic in me would prefer those discussions take place by phone or in-person. The discount for e-sessions is to assure technology is working properly and is a one-time option.
- **Session length** is set at approximately 50 minutes (+/- 5 minutes). I allow some extra time in the introductory session if time is required to get as good an

understanding as possible about your case. If you want additional time in session please note every quarter hour adds 25% of my fee to the invoice (ie. a session lasting 1h 15m would cost \$112.50).

- **Square and other forms of electronic payment** that charge a small fee to me to use will increase the rate for the session by whatever percentage I am being charged. For Square, they take an average of 3% from the payment. A regular session would go from \$90.00 to approximately \$93.00. If I am subsidizing a similar surcharge will be implemented on the amount you are paying.

**Additional Paperwork:** Parker Psychotherapy reserves the right to increase the fee to a maximum of \$140.00 per hour if requested to complete additional paperwork which includes follow-up details from employers or insurance benefit providers. Clients must sign a document stating that their record can be discussed with a 3rd party before any information is exchanged. **Regular paperwork** such as case notes do not fall into this category.

## Insurance and Reimbursement

### Private Practice Direct

If you have insurance coverage for counselling or psychotherapy I will provide a detailed receipt. You then provide this detailed receipt to your insurance provider for reimbursement. For more information to check coverage please contact me.

### Employee Assistance Program (EAP)

Very similar to insurance coverage. Following payment I will issue a receipt that you bring to your EAP provider for reimbursement **or** you may also contact your EAP directly and then I will bill directly to your provider assuring no cost to you.

**Parker Psychotherapy** is currently linked to the following Employee Assistance Programs:

**Homewood Health**

**Local 47 Ottawa Members Assistance Program**

**Lifeworks**

**Non-Insured Health Benefits (NIHB) - Coming Soon**

NIHB coverage is available to eligible peoples identified as an Indian under the Indian Act or an Inuk recognized by one of the Inuit Land Claim organizations. Please self-identify during the intake process to see if you are covered for services.